Clinical Trial Protocol
Iranian Registry of Clinical Trials

02 Nov 2026

Evaluation of the effect of herbal oral product (thyme syrup) in patients with COVID-19

Protocol summary

Study aim
Evaluation of the effect of herbal oral product (thyme syrup) in patients with COVID-19

Design
152 patients between the ages of 30 and 65 with a probable diagnosis of COVID-19 according to the national protocol, after applying the inclusion and exclusion criteria of the study and completing the conscious consent form with block randomization are placed in one of the intervention and control groups.

Settings and conduct
This study is a type of clinical trial that is not blind and patients who refer to Imam Khomeini Hospital in Sari are diagnosed with COVID-19 manifestation will entered. Then, 152 patients between the ages of 30 and 65 with a probable diagnosis of COVID-19 according to the national protocol, after applying the inclusion and exclusion criteria of the study and completing the conscious consent form with block randomization are placed in one of the intervention and control groups.

Participants/Inclusion and exclusion criteria
Patients between 30 and 65 years with Probable diagnosis of COVID-19 based on national Iranian protocol

Intervention groups
Intervention group: Corona standard treatment + herbal syrup (Iranian medicine product made by the research team): 100 cc of the syrup is mixed with 100 cc of hot water and eaten 30 minutes after a meal (three times a day). Control group: Corona standard treatment according to the national protocol of the Ministry of Health of Iran.

Main outcome variables
Blood oxygen saturation, shortness of breath, length of hospital stay

General information

Reason for update

Acronym
COVID-19

IRCT registration information
IRCT registration number: **IRCT20131129015584N2**
Registration date: **2020-05-08, 1399/02/19**
Registration timing: **registered_while_recruiting**

Last update: **2020-05-08, 1399/02/19**
Update count: **0**

Registration date
2020-05-08, 1399/02/19

Registrant information

Name
Assie Jokar

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 11 3324 3117

Email address
arezoo2003dr@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-04-04, 1399/01/16

Expected recruitment end date
2020-06-19, 1399/03/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation of the effect of herbal oral product (thyme syrup) in patients with COVID-19

Public title
The effect of herbal syrup on patients with corona
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Probable diagnosis of COVID-19 based on national Iranian protocol
Exclusion criteria:
Late 5 days from the onset of symptoms Existence of comorbidity Pregnancy and lactation history of Allergy Complicated with bacterial infection
Age
From **30 years** old to **65 years** old
Gender
Both

Phase
3
Groups that have been masked
No information
Sample size
Target sample size: **152**
Randomization (investigator's opinion)
Randomized
Randomization description
Before intervention, each patient selects one of the 152 envelopes that contain the codes 0001 to 0152, then by having the selected code and using the output table of Block randomization statistical software, it is determined the patient in which group: intervention or controls.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Mazandaran University of Medical Sciences
Street address
Moallem squre, Sari, Iran.
City
Sari
Province
Mazandaran
Postal code
۴۸۱۵۷۳۳۹۷۱
Approval date
2020-03-11, 1398/12/21
Ethics committee reference number
IR.MAZUMS.REC.1398.1456

Health conditions studied

1

Description of health condition studied
ARDS
ICD-10 code
J80
ICD-10 code description
Acute respiratory distress syndrome

Primary outcomes

1

Description
Blood oxygen saturation level
Timepoint
0,1,2,3,5,7 days after intervention
Method of measurement
Pulse oximetry

Secondary outcomes

1

Description
degree of dyspnea
Timepoint
0,1,2,3,5,7 days after intervention
Method of measurement
Likert,s scale

2

Description
Duration of hospital stay
Timepoint
7days after intervention
Method of measurement
day

Intervention groups

1

Description
Intervention group: standard treatment of COVID-19 + herbal syrup (Iranian medicine product made by the research team): 100 cc of the syrup is mixed with 100 cc of hot water and eaten 30 minutes after a meal (three times a day).
Category
Treatment - Drugs

2

Description
Control group: standard treatment of COVID-19(Kaletra+

Azitromycine)

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam Khomeini Hospital

Full name of responsible person
Dr Assie Jokar

Street address
Imam Khomeini Hospital of Sari

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https://imamhospital.mazums.ac.ir/page-NImamSariMain/fa/94/form/pId25046

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Mazandaran University of Medical Sciences

Full name of responsible person
Dr Majid Saidi

Street address
Moallem squre

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https://pajooheshi.mazums.ac.ir/page-NPajooheshiMain/fa/2/form/pId47946

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Mazandaran University of Medical Sciences

Proportion provided by this source
70

Public or private sector
Public

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Mazandaran University of Medical Sciences

Full name of responsible person
Assie Jokar

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Traditional Medicine

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Person responsible for scientific inquiries

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available
Title and more details about the data/document
The results of the main and secondary outcomes
When the data will become available and for how long
After the publication of the article
To whom data/document is available
University researchers
Under which criteria data/document could be used
After the publication of the article
From where data/document is obtainable
The person responsible for scientific accountability
What processes are involved for a request to access data/document
Communication with the person responsible for scientific accountability
Comments